

Fairfax County School Health Promotion September Tips of the Week for Middle School

Healthy eating + Physical activity + Sleep = Better success at school

Start each tip with this intro: “Good Morning and Welcome to Your Healthy Tip of the Week!”

Week 1:

Research shows healthy eating & physical activity will lead to academic success.

If you eat a healthy breakfast it will increase your attention span, memory, alertness and improve your academic success.

Tune in next week for another Healthy Tip of the Week!

Week 2:

Students who are physically active are better able to focus, have improved problem solving skills & memory/retention.

Twenty minutes of exercise daily will improve your brain activity, increase your test scores, and lead to better academic success!

Tune in next week for another Healthy Tip of the Week!

Week 3:

Getting enough sleep is associated with better academic performance; it will increase memory recall and your ability to concentrate. REMEMBER – Sleep for Nine and you will Shine!!!

Tune in next week for another Healthy Tip of the Week!

Week 4:

Eat at least five servings of fruits and vegetables each day to promote good health!

Eating a healthy diet, helps us do better academically and maintain a healthy weight!

Tune in next week for another Healthy Tip of the Week!



A Fairfax County, Va., publication. August 2015. If you would like this information in another format please call 703-246-2411, TTY 711.

This resource is provided by the Fairfax County Health Department for use by the Fairfax County Public Schools and other community organizations.

